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You are here: [Home](#) > Vigyan Bhairav Tantra : The masterpiece of Meditation

Vigyan Bhairav Tantra : The masterpiece of Meditation

No discussion on meditation is complete without mentioning the Vigyan Bhairav Tantra This 5000 year old ancient Indian text on meditation is considered by many as the last word on meditation.

Vigyan ~~ Science (in Hindi)

Bhairav ~~ An ancient mythological God of Hindu religion.

Tantra ~~ (A mystical spiritual path. Read more)

Vigyan Bhairav Tantra is an ancient text on meditation. It contains 112 techniques of Meditation. Basically in the form of a dialogue between lord Shiva and his wife Parvati (refer to as Devi in the book), this books discusses 112 meditation techniques which can be used for realizing our true self.

The book starts with a question from Devi regarding the nature of reality. She asked Shiva about Universe, about fundamental nature of this world, how one can go beyond space and time to understand this truth.

The remaining book is all about Shiva's answers to Devi's queries.

He does not tell her what is.

He tells her a method...then another method.. then another ...he goes on.

He tells her how.

He tells her how one can realize this reality...through 112 methods of centering in the self.

The methods are in their seed form. The entire book can be written in one long piece of paper. However, these methods in their seedy form point towards various powerful meditation techniques. On contemplating upon these techniques, one can find one of the most impressive and powerful collections of meditation techniques which are simple yet very effective.

It is said that 112 techniques of meditation of Vigyan Bhairav Tantra are all inclusive. It is said that there is no meditation techniques which has not been covered in Vigyan Bhairav Tantra. These Meditation techniques are for people of all age and all times. These meditation techniques were for those who had lived in the pasts, for those who are living in the present and for all those who'll born in future.

This meditation techniques are for all humanity of all time. Past, present, future.

It is said that it is impossible for anybody not to find a technique (out of 112 techniques) suitable to his own level of spiritual development and inner temperament.

What follows next is a detailed commentary on 112 techniques of Vigyan Bhairav Tantra by Osho Rajneesh – one of the most prolific and influential spiritual guru of our time. Osho, in his life time, has been one of the most important and trustworthy authority on meditation. (Read more about Osho here) In his commentary on Vigyan Bhairav Tantra , Osho has simplified the 112 meditation techniques into a layman's language.

This lectures on Vigyan Bhairav Tantra was given by him during 1972-73 in India and were later published in a book titled '[The Book of Secrets](#)'. Many considered this book as one of the most important book of Osho. It is an highly acclaimed book on meditation. There are full 8 pages of reviews alone of this book on 'Amazon.com' with almost all the readers giving it a five star rating.

We are giving the entire text of Osho's commentaries on 'Vigyan Bhairav Tantra' for the benefit of our readers. However, if you want to read this book offline you may order it from Amazon.com [here](#).



Before You Read, Please note : It's Very Important This explanation of 'Vigyan Bhairav Tantra' (and of 108 meditation techniques it contains) was originally given by Osho during a live discourse. A discourse is a continuous flow of words. However, when the discourse is published into book, one has to use paragraphs to give it a proper readable structure. Therefore, we have to break the Osho's discourse in brief paragraphs so as to make it easy-to-read and internet-friendly.

Please also note that during the discourse, Osho also gave answer to various queries from the listeners. All such questionnaires have not be published here. Only meditation techniques have been provided. If you want to read those questionnaires also, please read the printed version of the book or read them online at the original source given below

Source/Courtesy : Oshoworld.com, where almost all the books of Osho are available online for reading. (Both English & Hindi version)

Disclaimer: These Meditation techniques are being published for educational and informational purpose only. Let me reiterate what I have already stated in [home](#) page : use your own discretion while trying them. Having said that, I sincerely hope that this series of discourses by Osho on 'Vigyan Bhairav Tantra' will also give you a wonderful opportunity to know Osho - the man who has been one of the greatest meditation master this world has ever had.

Here begins the 'Vigyan Bhairav Tantra' : 112 Techniques of meditation



[Vigyan Bhairav Tantra : Introduction by Osho](#)



[Index of 112 Meditation techniques of Vigyan Bhairav Tantra](#)

[Meditation : An Introduction](#)

[Three Yogic aids in Meditation](#)

[Meditation Techniques](#)

[Binaural Beats](#)

[Blog](#)

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[Central point of every meditation technique](#)

[3 conscious thoughts to super accelerate your meditation practice](#)

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[Vipassana](#)

[Mantra Meditation](#)

[Dynamic Meditation](#)

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[Trataka : The meditation of third eye](#)

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